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WAVES COFFEE HOUSE

People walk by a fountain at the University of B.C. on Sunday. The Point Grey campus has seen three sexual assaults in three weeks. NICK WELLS/FOR METRO

3rd sex assault in as many weeks at UBC

On alert. Students on edge after latest attack on 17-year-old girl over weekend

NICK WELLS
vancouver@metronews.ca

Three sexual assaults in three weeks at the University of B.C. have left students scared and prompted university staff to blanket the campus with warnings.

The most recent assault occurred on Saturday around midnight when a 17-year-old female student was walking home along the 2500 block of West Mall. A man emerged and attempted to drag her into a nearby wooded area.

The man ripped at the clothing the woman was wearing under her skirt and punched her, leaving a black eye.

The victim was able to break free and scream for help, causing the man to flee by foot.

The previous assaults occurred Sept. 28 and Oct. 13.

In response, the university has held emergency meetings at first-year residences, put up posters, and reached out on social media to keep students and residents informed.

"We are taking it seriously. It's something that's very much of concern," said Lucie McNeill, a spokeswoman for the university. "We'll be reassessing with police and if there needs to be increased action, we'll do that."

The Alma Mater Society runs a Safewalk every night from 8 p.m. to 2 a.m. There are also 26 blue phones on campus that have a direct connection to a campus security co-ordinator.

The University RCMP called the assaults their "top priority" and are working with other local law-enforcement agencies.

The attacker is described as white, in his late 20s to early 30s and about six-foot-two with a thin build. He has short-cropped hair and was wearing blue jeans and a dark hoodie. He possibly spoke with an American accent.

The attacks have left female students worried about on-campus safety.

"It's worrying to be at this place, which is already new to me, and have this to also worry about" said Sofia Giardini, a first-year student.

"It's scary because it's random. It doesn't matter who the girl is, it can happen to anybody."

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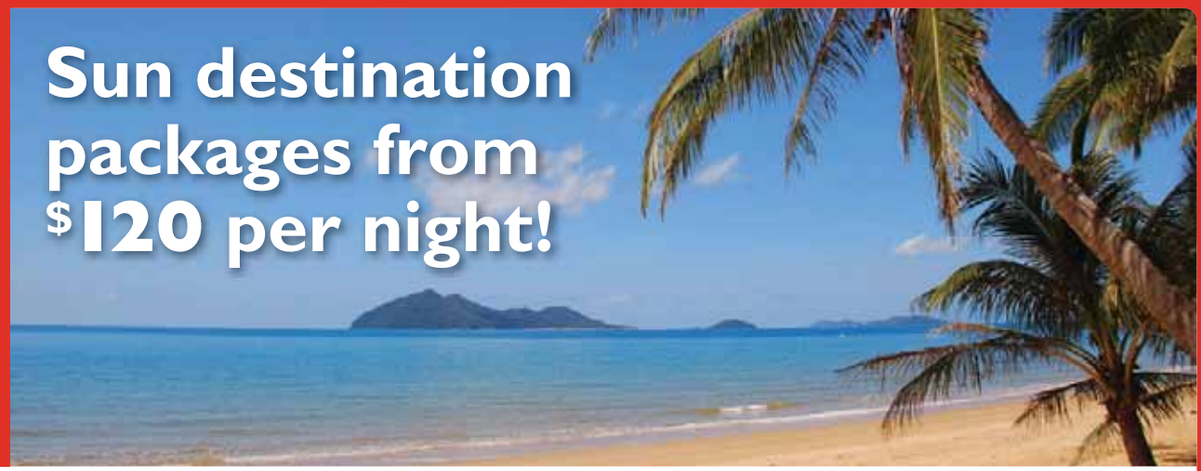

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You sure it's the best way?

Alleged robber takes taxi to jail

North Vancouver RCMP had a robbery suspect hand-delivered to them Thursday after a 25-year-old woman robbed a convenience store in the 2900 block of Lonsdale Avenue.

After allegedly producing a firearm and demanding money from the clerk, the woman hailed a taxi and asked the driver to take her to any nearby hotel.

Police, however, had other plans.

Knowing the suspect had taken a cab, officers worked with the taxi company to covertly direct the driver to the police station instead of a hotel.

To the alleged robber's surprise, she was dropped off into the arms of awaiting police officers.

Samantha Johnston has been charged with robbery with a weapon in connection with the incident. METRO

Cream of the crop

Toast to beer winners

The 2013 B.C. Beer Awards are over and there's a new brew at the top.

Vancouver Island Brewery's Ralf Pittroff was Saturday's big winner, walking away from the awards with the "Best of Show" award for the Hermannator Ice Bock.

Other winners included entries from Surrey's Central City Brewers (best pilsner), Vancouver's Parallel 49 (best American ale), Victoria's Driftwood Brewing Company (best IPA).

Competition for the awards is especially fierce this year, as the province's craft brew industry continues to grow at an unprecedented rate.

Forty-five breweries presented over 300 beers in the one-day competition and festival. METRO

Shooting inquest reconsiders taping recommendation

Greg Matters. One key contradiction was evidence ex-soldier was shot by RCMP in the back, not chest as had been reported

One of the few facts not in dispute in the death of former Canadian peacekeeper Greg Matters is that he died on the ground at his rural British Columbia farm, shot in the back by one of the heavily armed members of the RCMP emergency response team sent to arrest him on a charge of assaulting his brother.

A coroner's inquest into his death was supposed to take one week, then stretched into two, and now will continue at the end of January as jury members grapple with conflicting accounts around the shooting of Matters, 40, an ex-soldier in treatment for post-traumatic stress disorder.

Already, the province's Independent Investigations Office, called on its very first day in operation to the rural farm Matters shared with his mother near Prince George, B.C., says it may issue a supplemental report after revelations at the inquest that the 40-year-old former soldier was shot in the back, contrary to the report that cleared the officers involved of criminal wrongdoing.

That report said unequivocally that Matters was shot in the chest.

"We are aware of the evidence that was presented to the coroner's jury and cannot discuss it in detail, as the inquest is still underway," Owen Court, spokesman for the office, said last week as testimony continued at the inquest.

Court said IIO officers received a copy of an autopsy report that listed the cause of death as "gunshot wounds to chest."

Matters' mother and grieving loved ones question the account of police officers involved in the shooting, and the family's lawyer made it clear at the inquest that they would like the jury to recommend video or audio recording of such police actions.

If the jury agrees, it will not be the first time.

In fact, it won't even be the first time this year.

A coroner's inquest is held into every fatality involving police in the province and in three inquests held earlier this year, all three made the same recommendation, in the cases of Adam Purdie, Brendan Beddow and Justin Zinser.

In the few years prior to that, four more juries made the same recommendation.

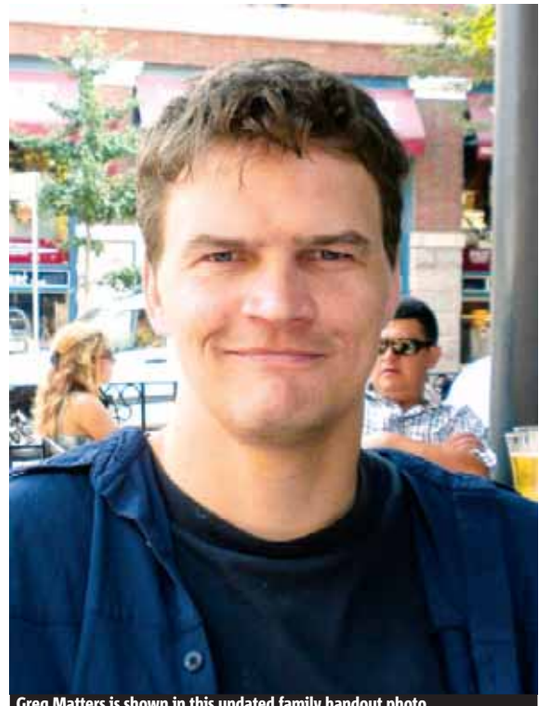
"Those seven inquest juries all felt that we in British Columbia, including the police presumably, would benefit from audio-video recording capability present when police officers are in potentially dangerous interactions with citizens," Cameron Ward, the Matters family lawyer, told the director of standards and evaluation for the provincial government's Police Services Division while she testified at the inquest.

"What work, if any, has your organization, Police Standards, done to implement those recommendations?"

Lynne McInally said priorities and policy are set by the B.C. justice minister and the director of police services.

"I can tell you that from within my unit we are not currently creating standards about the use of cameras ...," McInally replied.

Right now the priority is on the recommendations that came out of the provincial inquiry into missing women, McInally said. THE CANADIAN PRESS



Greg Matters is shown in this undated family handout photo.
BRENT BRAATEN/PRINCE GEORGE CITIZEN/THE CANADIAN PRESS

Quoted

"You can go over to Future Shop and pick up a tiny video camera with audio capability for about 50 bucks and you can clip it onto a belt or a lapel."

Lawyer Cameron Ward, at the Greg Matters inquest

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Whistler. Logs fall from truck, kill motorcyclist

A motorcyclist has been killed after being struck with logs spilled from an overturned logging truck near Whistler.

RCMP say the truck driver lost control on a bend as he was travelling southbound on Highway 99.

A northbound vehicle was also hit by the truck, but police say the occupants were not hurt.

They were taken to a health-care centre as a precaution after the incident Saturday afternoon.

The truck driver has been hospitalized with undetermined injuries.

Mounties say the truck driver lost control on Highway 99. FACEBOOK

The highway was closed in both directions for several hours as investigators examined the scene.

THE CANADIAN PRESS

$18K. Infamous landlord set to repay ex-tenants

A Downtown Eastside landlord is scheduled to appear in court on Monday to repay 10 former tenants.

George Wolsey, former owner of the Wonder Rooms Hotel on East Cordova Street, must hand over $18,163.

"Some of them are quite nervous to see him, but we're hoping to finally see an order that gives these residents some justice," said D.J. Larkin, a lawyer with Pivot Legal Society.

Wolsey was ordered to repay tenants by the Residential Tenancy Branch in the spring, but they have yet to receive any compensation, Larkin said.

The tenancy branch set the amount after determining tenants endured cockroaches, bed bugs and serious risk to their health and safety.

In response, Pivot issued mock "Wanted" posters, with Wolsey subsequently turning himself in. NICK WELLS/METRO

No arrests

Two stabbed at nightclub

Vancouver police say two men were rushed to hospital early Saturday morning after a stabbing at the Au Bar nightclub, in the 600 block of Seymour Street. No arrests have been made. Police believe the incident was targeted. METRO

Gastown sex assault

Cops ID what may be 'taxi' in video

Police have released a video of what may be the suspect vehicle in a shocking sexual assault, which took place when a woman entered what she thought was a taxi in Gastown. The footage shows an older model, dark-coloured minivan with sliding doors. METRO

Rachael Szendrei, the mother of Laura, blows a kiss to her deceased daughter as she leaves court in Surrey on Friday. JONATHAN HAYWARD/THE CANADIAN PRESS

Laura Szendrei's killer gets life

No parole for 7 years. 15-year-old was beaten to death in park by an attacker bent on rape

MATT KIELTYKA
matt.kieltyka@metronews.ca

The grieving mother of slain teen Laura Szendrei left Surrey Provincial Court and declared, "Delta is a lot safer."

Moments earlier, the man who killed her daughter was sentenced as an adult and given the maximum sentence of life in prison, with no eligibility of parole for seven years, for the brutal Sept. 25, 2010 murder at Mackie Park.

Adult sentence

"The harm he caused the victim, her family, her friends and her community is devastating and permanent. A youth sentence would not constitute an appropriate punishment for a crime of this nature and magnitude."

Justice Robin Baird

Justice Robin Baird's decision Friday morning triggered a round of applause from a jam-packed courtroom full of family, friends and supporters.

"It's unfortunate my daughter had to be sacrificed, but Delta is a lot safer now," said Rachel Szendrei, surrounded by flocking media. "We miss you, Laura; we miss you so much."

Despite getting an adult sentence, an interim publication ban prevents the killer (days shy of his 18th birthday at the time of the murder) from being identified.

"Just so sorry for everything I've done and all the pain I've caused," he said when given a chance to address the court.

His defence had asked Baird for a youth sentence that carried a maximum sentence of seven years, but the judge gave little consideration to the idea.

"Given my assessment of the totality of this evidence, the accused is an untreated, sexually motivated murderer.... He lacks insight into his offending. He represents a high-risk to re-offend," said Justice Baird.

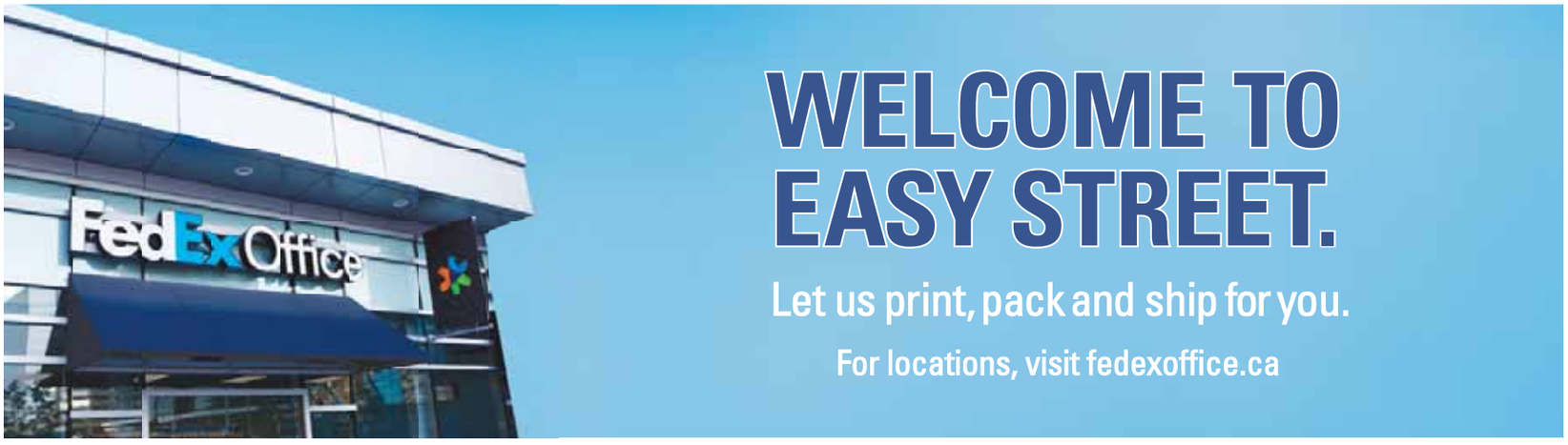
The accused pleaded guilty to second-degree murder.

Baird said the killer went to Mackie Park that day with the intention of committing rape — having been involved in three incidents against female joggers at Delta's Burns Bog in the months prior.

"He planned to rape the first woman to come along."

The offender lured Szendrei into a wooded area and tried to put a cable tie around her neck.

When she tried to escape, he beat the screaming 15-year-old repeatedly in the head with a metal pipe.



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Argentina's agro-boom — is it poisoning its people?

Agrochemicals.
Pesticides may be the cause of health problems — from cancer to birth defects — in the country's vast farm belt

Argentine farm worker Fabian Tomasi wasn't trained to use protection as he pumped pesticides into crop dusters. Now, at 47, he's a living skeleton.

Schoolteacher Andrea Druetta lives in a town where it's illegal to spray agrochemicals within 500 metres of homes, yet soy is planted just 30 metres from her back door. Recently, her boys were showered in chemicals while swimming in their backyard pool.

Sofia Gatica's search for answers after losing her newborn to kidney failure led to Argentina's first criminal convictions for illegal spraying last year. But 80 per cent of her neighbours' children surveyed carry pesticides in their blood.

American biotechnology has turned Argentina into the world's third-largest soy producer, but the chemicals powering the boom aren't confined to soy, cotton and corn fields. The Associated Press documented dozens of cases where these poisons are used in ways specifically banned by existing law.

Now doctors are warning that uncontrolled pesticide use could be the cause of growing health problems among the 12 million people who live in Argentina's vast farm belt.

"The change in how agriculture is produced has brought, frankly, a change in the profile of diseases," says Dr. Medardo Avila Vazquez. "We've gone from a pretty healthy population to one with a high rate of cancer, birth defects and illnesses seldom seen before."

Once known for its grass-fed beef, Argentina has undergone a transformation since 1996, when the U.S.-based Monsanto Company marketed a new model of higher crop yields and fewer pesticides through its patented seeds and chemicals.

In response to soaring complaints, President Cristina Fernandez ordered a commission in 2009 to study the impact of agrochemical spraying on health. Its initial report called for "systematic controls over concentrations of herbicides and their compounds."

Hospital records show birth defects quadrupled in the province of Chaco in the decade after genetically modified crops were approved. A medical team then surveyed 2,051 people in six towns, finding more disease wherever people are surrounded by farms.

In the farming village of Avia Terai, 31 per cent said a family member had cancer, compared with three per cent in the ranching village of Charadai. They also documented children with malformed skulls, exposed spinal cords and strange skin problems.

It may be impossible to prove a specific chemical caused an individual's illness. But doctors are calling for broader, longer-term and more independent research, saying governments should make the industry prove that the accumulated agricultural burden isn't making people sick.

THE ASSOCIATED PRESS

Two-year-old Camila Veron, born with multiple organ problems and severely disabled, stands outside her home in Avia Terai, Argentina, on March 31. It's nearly impossible to prove that exposure to a specific chemical caused an individual's cancer or birth defect, but doctors say these cases merit a rigorous government investigation.

ALL PHOTOS NATACHA PISARENKO/THE ASSOCIATED PRESS

Five-year-old Aixa Cano, who has hairy moles all over her body that doctors can't explain, sits outside her home in Avia Terai, Argentina.

Former farm worker Fabian Tomasi shows the condition of his emaciated body as he stands inside his home in Basavilbaso, Argentina. Tomasi's job was to keep crop dusters flying by quickly filling their tanks, but he says he was never trained to handle pesticides.

Spraying laws vary

23

Some of Argentina's 23 provinces ban spraying within three kilometres of populated areas; others say farmers can spray as close as 50 metres. About one-third set no limits, and rule-breakers are very rarely punished.

Chemicals in class

11

Teachers in Entre Rios began to file police complaints this year. They said sprayers failed to respect 50-metre limits at 18 schools, dousing 11 during class.

Cancer rates

4

In Santa Fe province, the heart of Argentina's soy industry, cancer rates are up to four times higher than the national average.

Birth defects

4

In Chaco, the nation's poorest province, children became four times more likely to be born with devastating birth defects in the decade since biotechnology dramatically expanded industrial agriculture.

Bolivian coca-eradication squad ambushed, 2 dead

Soldiers stand around the coffin of Bolivian soldier Oscar Gironda during a wake at the military barracks in La Paz, Bolivia, Sunday. JUAN KARITA/THE ASSOCIATED PRESS

A police officer Sunday became the second member of a government eradication squad to die of gunshot wounds from an ambush by coca growers, who authorities said were holding eight squad members hostage.

Ten more members of the joint military-police team suffered gunshot wounds and 10 were injured by blows in Saturday's attack in a rural area of the remote municipality of Apolo, about 145 kilometres north of La Paz, Interior Minister Carlos Romero said.

It was the first fatal attack on a coca-eradication team since Evo Morales, a coca-growers union leader, was first elected president nearly eight years ago.

A bullet perforated the stomach and pancreas of the police officer who died Sunday, the Interior Ministry said in a statement. It said an army lieutenant who died Saturday suffered a gunshot wound that pierced a lung.

A local coca-grower leader, Gregario Cari, told The Associated Press by phone that security forces had attacked with tear gas and gunshots. Cari said the growers were only trying to protect their crops.

"I have information that the comrades were provoked," Cari said. He said the growers took hostages for their own security and were seeking dialogue to prevent "confrontation."

Bolivia's government considers two-thirds of its coca crop to be legal. But it dispatches teams to eradicate unapproved coca fields, and the official in charge of the effort, Felipe Caceres, said more than 90 square kilometres have been destroyed so far this year.

U.S. officials say tons of Bolivian coca leaves are being processed into cocaine, whose main destination is Brazil, Argentina and Europe.

Morales expelled the U.S. Drug Enforcement Administration in 2008, accusing it of inciting political opposition.

The U.S. says the result has been a rise in trafficking and related violence in Bolivia that is fuelled by official corruption. Effective this month, it halted all counter-narcotics aid to Bolivia. THE ASSOCIATED PRESS

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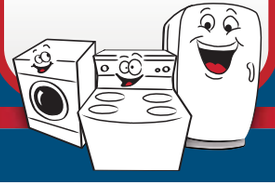

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385 killed in October

Violence on the rise in Iraq

A suicide bomber slammed his explosive-laden car Sunday night into a busy café in Iraq's capital, part of a day of violence across the country that killed 45 people, authorities said. The bombing at the café in Baghdad's primarily Shiite Amil neighbourhood happened as it was full of customers. The café and a nearby juice shop is a favourite hang out for young people, who filled the area at the time of the explosions.

The blast killed 35 people and wounded 45, Iraqi officials said.

Violence has been on the rise in Iraq following a crackdown by security forces on a Sunni protest camp in the town of Hawijah in April. THE ASSOCIATED PRESS

Morsi supporters

Tensions flare up again in Egypt

Egyptian anti-riot police fired tear gas Sunday at hundreds of supporters of the country's ousted Islamist president, besieging them inside a prestigious Muslim institution after stone-hurling protesters cut off a main road.

Sunday's clashes marked the second day of unrest at Al-Azhar University, Sunni Islam's most prominent centre of learning.

Many supporters of ousted president Mohammed Morsi's Muslim Brotherhood are students at Al-Azhar, a stronghold of the group. The campus is also near where Islamists had a sprawling protest camp that security forces raided in August, leaving hundreds dead.
THE ASSOCIATED PRESS

Source on Syrian war data biased: Opponents

Controversial. Rami Abdurrahman sees competing allegations of bias as evidence that he's fair

He's practically a one-man band, but Rami Abdurrahman's influence extends far beyond his small home in Coventry, England.

The 42-year-old operates the Syrian Observatory for Human Rights from his house and a review of recent media coverage suggests its tally of killings and clashes is the most frequently cited source for news organizations.

Abdurrahman says the Observatory relies on four unnamed activists in Syria and a network of monitors.

But some say his figures need scrutiny. Opponents say he is in cahoots with opposition forces bankrolled by Gulf Arab states, skewing casualty figures to keep the spotlight off rebel atrocities. Others say he's in league with the Syrian regime.
THE ASSOCIATED PRESS

Fishy?

Suspicion surrounds self-exiled Syrian Rami Abdurrahman. Who's behind him? Who is he? Should world media rely on his reporting?

- "Something is going on which is quite fishy," said As'ad AbuKhalil, professor, California State.

Rami Abdurrahman at his modest home in Coventry, England, from where his Syrian Observatory for Human Rights keeps a controversial tally of killings and clashes in the Syrian war. RAPHAEL SATTER/THE ASSOCIATED PRESS

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Emergency crews work at the scene of a train derailment near Gainford, Alta., on Sunday. JASON FRANSON/THE CANADIAN PRESS

CN on its best behaviour after derailment: Experts

PR. Saturday's disaster in Gainford, Alta., was the company's third derailment involving hazardous goods in recent weeks

Quoted

"We see a business here that is really pulling out all the stops to defend its brand."

Kenneth Wong, a marketing expert at Queen's University, on CN Rail.

CN Rail's strong and swift response to the derailment of a fuel-laden train in Alberta shows how anxious the company is to quell safety concerns as more dangerous goods travel by rail, experts said Sunday.

The railway company dispatched its top brass, led by chief operating officer Jim Vena, to handle the crisis after 13 cars carrying crude oil and liquefied petroleum gas came off the tracks and caught fire early Saturday in Gainford, west of Edmonton.

Within less than 24 hours, the company had publicly apologized for the disruption, while stressing the vast majority of its cargo arrives safely without incident.

"They have their COO out there, they've apologized, they're keeping everybody informed — that's all really good stuff," said Michael Davis, managing director of the Vancouver consulting firm Reputations.

"The reason is they're terrified they're going to pop up ... above the radar and all of a sudden they're going to start getting all this public pressure on the amount of oil products and petroleum products that are being shipped by rail."

CN's efforts may not be enough to counteract mounting safety concerns over hauling dangerous goods by rail, however, Davis said, pointing to last summer's disaster in Quebec involving another rail company.

"They have popped up onto the public radar because of Lac-Mégantic and then the other derailments over the last little while," he said.

No one was hurt in Saturday's derailment, but several cars leaked gas and burst into a giant fireball and roughly 100 residents were forced from their homes. **THE CANADIAN PRESS**

Saskatoon

Hunters accidentally burned by police pepper spray

Saskatoon police are reviewing their training procedures with a type of pepper spray after several hunters were injured by the noxious gas during an exercise for officers outside the city.

The accident occurred Thursday when up to 10 civilians came into contact with OC Spray — causing what one described as "horrible burning" — at a firing range. A witness blamed a shift in wind direction for pushing the spray toward the hunters. **METRO IN SASKATOON**

Politics

Four ridings up for grabs in November byelections

The battle for opposition supremacy is on after Prime Minister Stephen Harper set Nov. 25 as the date for four federal byelections.

Harper called the byelections on Sunday for Toronto Centre, the Montreal riding of Bourassa, and the Manitoba ridings of Provencher and Brandon-Souris.

Toronto-Centre and Bourassa are longtime Liberal strongholds, but the New Democrats are making a concerted effort to snatch the two ridings away. **THE CANADIAN PRESS**

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Green entertainment

Matt Damon wins eco award

Actor Matt Damon, who starred in fracking drama Promised Land, was recognized for his film's eco-friendly messages with the Ongoing Commitment award from the Environmental Media Association Saturday. THE ASSOCIATED PRESS

Matt Damon won the Ongoing Commitment award. FOCUS FEATURES

Shoppers pick how H&M spends $80M

Corporate responsibility. Fast fashion giant H&M lets customers decide philanthropy with online crowdsourcing

ELISABETH BRAW
Metro World News in London

Why give money to good causes if your customers don't know about it? Global corporations are discovering how to get customers involved with philanthropy through crowdsourcing.

H&M will announce today an online poll that lets customers decide where the fashion chain's philanthropic arm should spend SEK 500 million (about $80 million).

"We felt that it was important to know what people consider vital," explains Helena Thybell, global manager for H&M Conscious Foundation. "And it's a good way of creating engagement: what are people passionate about? There are lots of people around the world who really care and are concerned about the future of the planet."

Other consumer product giants such as Ford and Pepsi have already tried crowdsourced philanthropy.

"It accomplishes the company's goal of making their customers aware of their CSR (corporate social responsibility)," notes Mari Kuraishi, co-founder and president of globalgiving.org, which connects ordinary people with good causes that suit their taste.

"We think this is a great way to empower our staff and customers," H&M CEO Karl-Johan Persson tells Metro.

"Their votes will have a real impact as they determine what the H&M Conscious Foundation should focus on (in) the coming years."

But while online voting involving your favourite merchant might be fun, how much good will the resulting projects do? The fear is that corporate philanthropic crowdsourcing amounts to window-dressing — a nice publicity stunt that yields little for the recipients.

In some cases it may, says Kuraishi, but it also gets philanthropy and CSR on consumers' agendas: "If consumers are involved, they'll talk about it with their friends. By contrast, you wouldn't dig up a company's CSR report and talk about it with your friends at the pub."

Shop and do good

More on H&M's new crowdsourced charity campaign:

- Vote on five options, ranging from clean water to women's empowerment. The top three picks will be funded by H&M for a multi-year engagement.
- Polls are open at makeadifference.hm.com.

Karl-Johan Persson, CEO of Swedish fashion retailer H&M, right, says his company's crowd-sourced charity campaign will empower customers to help change the world. MARC FEMENIA/TT NEWS AGENCY/THE ASSOCIATED PRESS

Better at math. Bank of Canada economists get failing grade for writing

An internal report card says the Bank of Canada's economists don't write too good.

"Economists' writing skills were identified by many as an area for improvement," says an audit ordered by the bank.

"This includes difficulties being succinct, grammatically correct and prioritizing the data into useful information."

Auditors examined a group of bank economists, most of them with graduate degrees, who dissect the state of the Canadian and international economies. Their advice is then used to set Canada's monetary policy.

This analysis, which now takes up to half their time, also appears to have created a paper jam as managers must then edit the below-standard English or French.

Economics, by its very nature, is a discipline dense in jargon. METRO

The group clearly needs training in writing skills, the report concludes, and the bank's management agreed to provide it. THE CANADIAN PRESS

Call a computer doctor. Online glitches slow U.S. health-care sign-ups

U.S. President Barack Obama is expected Monday to address the problem-plagued online rollout of his signature health-care legislation.

The rough start for healthcare.gov has been a black eye for Obama, who invested significant time and political capital in his first term getting the law passed, with the goal of insuring millions of Americans without coverage.

Officials initially blamed a high volume of interest for the frozen screens that many people encountered. Since then, they have also acknowledged problems with software and elements of the system's design.

Interest in the insurance markets appears to be high. Officials said about 19 million people have visited the site as of Friday night.

Americans seeking health coverage through the legislation must fill out applications before selecting a specific plan. Officials say more than 476,000 health insurance applications have been filed, but refuse to say how many people have actually enrolled during the first three weeks.

An internal memo obtained by The Associated Press showed that the administration projected nearly a half million people would enrol for the insurance markets during the first month.

THE ASSOCIATED PRESS

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POLICY IS NO WALK IN THE PARK

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Our city is in a dense fog.

And I'm not talking about the weather.

But like the meteorological fog that rolled into the city days ago, Vancouver's brain fog is stubborn and refuses to lift. It has people stumbling around trying to figure out where they're going. Let's just hope it's not in circles or even worse, over the cliff.

Take the Kits Park bike path. Please. The brain fog around Kits Park is so thick we can't even see what we're arguing about.

There is, apparently, a Vancouver Park Board scheme to run a bike path right through Hadden Park, adjacent to Kits Beach. The nasty Vision-dominated park board plans to clear big trees and even plow through memorial benches to lay down 12 feet of concrete bisecting a rare and precious green space to allow a bunch of Lycra-clad bikeheads easy access to the Cornwall-Point Grey bike lane (and don't get us started on that, either).

Or not.

The Park Board issued a statement Friday complaining that mounting furious protests were based on rumour, that the proposed path was "preliminary" and the Park Board will establish an advisory group of "park users such as sports groups, seniors and youth, as well as local residents" to help draft the path.

The fog thickens. Just the other day, in the wake of a vote favouring the plan, Park Board vice-chair Aaron Jasper said the bike path was a "done deal," and that hundreds had been consulted and response was overwhelmingly positive. Huh?

Obviously, both the board and the people are lost in the fog that has completely obscured Kits Point. It may lift … someday.

But that's not the only fog-bound location in town. From the North Shore to 41st and Cambie to Jericho, the fog has us in its grip. Somewhere above it all, the sun is shining, but who can tell?

While the forecast is unclear, the cause of the fog is simple. There is a fundamental disagreement about what the city should be. And by city, I mean all 23 bickering municipalities that make up Metro Vancouver. Vision Vancouver gets all the heat, but wherever there's pressure for change, there's an equal determination to resist change.

For all the irresistible Visionaries who want a cosmopolitan place with gleaming highrises intersected with charming streetscapes and bike paths, there's an immovable object who likes it just the way it was, with leafy streets dominated by single-family houses surrounded by white picket fences.

The trouble is, we can't even agree on how to talk about these conflicting visions — never mind figure out the solutions.

I don't know about you, but I'm sick of stumbling around in the fog. Our political leaders need to acknowledge the problem, roll up their sleeves and broker an effective and fair policy that takes us forward. Our problem is not highrises versus picket fences, bike lanes versus automobiles.

It's this damn fog.

ZOOM

Nelson Mandela larger than life

GETTY IMAGES

Spray paint artist captures a leader

Street artist Victor Landeta spray-paints a portrait of former South African leader and human-rights activist Nelson Mandela on a sliver of the former Berlin Wall on Saturday in Kleinmachnow, Germany. Mandela recently spent three months in a hospital and is now receiving treatment at home. GETTY IMAGES

Famous quote

"There is no passion to be found playing small — in settling for a life that is less than the one you are capable of living." Nelson Mandela

Former German chancellor Willy Brandt on a sliver of the former Berlin Wall. He received a Nobel Peace Prize for attempting to warm relations between West Germany and countries in the Soviet Bloc. GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows users to buy directly from the artist at prices that tend to be beautifully affordable. Cool, right? But, wait! It gets better. You can preview albums in their entirety before purchasing anything, making it the perfect mixture for supporting Canadian talent like this.

CONTRIBUTED

No Babies:
The debut (I assume) album from this Dartmouth group is pure sugary bliss from the opening seconds. A heady mix of electro-pop and beach-y guitar jams. The only complaint I have is that it wasn't released in June. (thenobabies.bandcamp.com)

Viet Cong:
A supergroup of sorts, made up of veteran Calgary musicians who have mastered the sort of stark post-punk that seems more at home in Manchester than anywhere in Alberta. Fans of the dearly-missed Woman, once one of the country's most promising young bands, will find both familiar sounds and familiar members here. (vietcong.bandcamp.com)

Hooded Fang:
Good old fashioned garage rock, delivered with crashes and bangs. If that sounds like your kind of thing, and it should, give their latest album Gravez a spin. There's literally nothing to not like in there. (dapsrecords.bandcamp.com)

Twitter

@metropicks asked: One MP will introduce a private member's bill to protect unpaid workers. What's the best solution?

@TheGr8tstManEvr: Elect Justin Trudeau to a majority.

@KMouse66: Fine the employers for exploiting slave Labour.

@wgb75: Dont take non paying jobs in first place.

@1puttB: 2013 and we still have slavery?

@Dennis2ride: deny workplaces from using interns.

@cndougherty: definitions will be critical - how will this impact the Canadians who volunteer?

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London, England

Depp salutes horror-film star Christopher Lee

Johnny Depp has made a surprise appearance at the London Film Festival to give a career honour to horror icon Christopher Lee.

Depp called Lee "a national treasure" and "a genuine artist" as he presented the 91-year-old actor with a British Film Institute Fellowship on Saturday.

He said it had been "a childhood dream come true" to work with Lee. The two actors appeared together in Tim Burton's Sleepy Hollow, Dark Shadows and Charlie and the Chocolate Factory. THE ASSOCIATED PRESS

Christopher Lee and Johnny Depp
INVISION FOR BFI/THE ASSOCIATED PRESS

Movie rankings

Gravity's box office shows no signs of returning to Earth

Topping the box office for the third straight week, the space adventure Gravity continues to be the box-office juggernaut of the fall. The film, starring Sandra Bullock, earned $31 million US over the weekend, according to studio estimates Sunday. The Warner Bros. film has now made more than $170 million US in three weeks. Tom Hanks' Somali pirate docudrama Captain Phillips held in second place at the box office. THE ASSOCIATED PRESS

From left, Clark Gregg, Brett Dalton and Chloe Bennet in a scene from Marvel's Agents of S.H.I.E.L.D. JUSTIN LUBIN/ABC/THE ASSOCIATED PRESS

Agent Coulson, man of steel (and milquetoast)

Television. Actor Clark Gregg's geeky alter ego proves both bad-ass and boyish as the star of Agents of S.H.I.E.L.D.

Like the character he plays, Clark Gregg has worked his way up the career ladder.

Five years ago, he played Agent Phil Coulson for the first time as a small role in the Robert Downey Jr. romp Iron Man.

Now, after gaining an ever-higher profile as Coulson in subsequent projects, including last year's mega-hit The Avengers, Gregg has broken out as the star of Marvel's Agents of S.H.I.E.L.D., the new acronymic sci-fi thriller airing on CTV which finds Coulson leading a hand-picked band of agents on their extra-special missions.

Gregg's own mission: to savour his spot as No. 1 on the Marvel's Agents call sheet after years of diverse, solid and often acclaimed work that, nonetheless, fell short of making him a household name.

Gregg, 51, has earned his new prominence. As Coulson, he projects a mild demeanour (except when he doesn't) and a boyish smile (except when he takes dead-aim with his weapon or busts a bad guy in the chops). He's a tangy blend of milquetoast and steel.

And he looks good, though not too good, in his habitual company-man business suit.

"Coulson never takes his suit off," said executive producer Maurissa Tancharoen, speaking from Los Angeles, "whether he's on the beach, in the jungle ..."

"But at the risk of spoilers," stepped in fellow exec producer Jed Whedon, "you will see him in a future episode — sans tie!"

Agent Coulson is also a master of the dry quip, courtesy of Gregg. "No matter what the line, Clark always makes it sound so classy and cool," said Tancharoen.

"The show doesn't take itself too seriously," Gregg notes gratefully during a recent chat in New York, "except in the moments when it needs to. The rest of the time it has a real sense of humour. 'I'm going to Taser you and watch Supernanny while you drool into the carpet': That's just not the kind of line I've gotten playing an agent in something else," like, for instance, The West Wing, where he had a recurring role as, yes, an FBI special agent.
THE ASSOCIATED PRESS

When super-agents take selfies

"Coulson loves his job. He's jaded; he's seen too much, but he can really geek out. You could imagine him doing selfies with crazy alien corpses! I'm making that up, but he's WAY into what he does."

Actor Clark Gregg, who stars as Agent Phil Coulson on Marvel's Agents of S.H.I.E.L.D.

Celeb offspring. Duhamel says his son's no crybaby

Proud papa Josh Duhamel has no problem bragging about his well-behaved baby. The 40-year-old actor and his wife, Fergie of the Black Eyed Peas, welcomed their first child, Axl Jack, on Aug. 29.

"What's surprised me the most is how well behaved he is. I was expecting a crying baby all the time and he's been really mild-mannered," Duhamel said.

But he's aware of what could be in store if the couple ever decides to expand the brood. "I think somehow biology, the universe, whatever, you know, gives you like a pleasant baby first so that you have another one, procreate, and then the next one's a holy terror and then you really realize what being a new parent is all about," joked Duhamel.
THE ASSOCIATED PRESS

Desperate Housewives

Sheridan's case against ABC nixed

A judge has dismissed actress Nicollette Sheridan's long-running lawsuit against ABC over her firing from the hit series Desperate Housewives. He ruled the case couldn't proceed because the actress should have exhausted her claims to a labour commissioner before pursuing a trial.
THE ASSOCIATED PRESS

Tour cancelled. Mahone is being treated for blood clot

Teen singer Austin Mahone has postponed his tour and is being treated for a blood clot in his throat. A representative for the 17-year-old said in a statement that Mahone was admitted to the hospital Thursday with a 40 C temperature. The rep adds that he's dealing with "extreme inflammation in his throat as well as severe dehydration."
THE ASSOCIATED PRESS

Austin Mahone performs in New York on Oct. 11. INVISION/THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

What's wrong Charlie, you don't like money?

STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Charlie Hunnam left the production of 50 Shades Of Grey. A) He didn't want to end up in a Robert Pattinson-type situation, being forever known for one terrible role. B) He finally got around to reading the books. C) Creative differences. D) He hates money. E) His feelings were hurt when Britney Spears said she wanted James Franco to play Christian.

Martha Stewart said of Gwyneth Paltrow that she hopes she's "authentic" and that, "She wants to be a lifestyle arbiter — fine ... I think I started this whole category of lifestyle." Martha continued, "also, everything is mine and you can't have any. Neener-neener. Are your goats trained to make their own cinnamon-scented candles?"

Meg Ryan is returning to TV where, "she will play a sunny, devoted and non-confrontational mom who returns to a publishing house where she was once a brilliant editor." Don't tell me! Don't tell me! Her boss will be Tom Hanks and they will bicker and then they'll have polite sex. Did I get it right? Is there a prize?

Model Kat Torres says she's dating Leo DiCaprio and calls him "amazing." Leo's rep denies the two are or have ever been a couple and that, Kat, is how a non-disclosure contract works. Now you'll know for when you start dating Bradley Cooper.

Wedding Bell finally tolls for Kristen as she marries Dax in spontaneous style

After a very long engagement, Kristen Bell and Dax Shepard have reportedly tied the knot in an incredibly low-key and spontaneous ceremony, according to TMZ. "We just haven't gotten it together on a Saturday to get to the courthouse," Bell told E! News recently when asked about the delay. "It's just out of laziness that we haven't actually done it yet." Bell and Shepard did finally make it to the Beverly Hills City Clerk's Office this weekend, and though they planned to just get their marriage licence, sources say they ended up going ahead and taking the plunge. Bell and Shepard had been engaged for years but refused to wed until same-sex marriage was reinstated in California.

Kristen Bell and Dax Shepard ALL IMAGES GETTY

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Skin care

Pregnancy routine

Your growing body will experience new issues, including itchy skin and stretch marks. And certain ingredients, like your trusty retinol cream, are now off-limits.

Dermatologist Debra Jaliman, author of Skin Rules, lets you in on your new skin-care routine.

What are some skin issues for pregnant women?
One of the biggest issues for expectant mothers is melasma, when pregnant women get brown discolouration on their face. So it's very important to use a broad-spectrum SPF 30 sunscreen every day, rain or shine. Pregnant women are also often very itchy, so it's important to use mild cleansers when washing the skin and also to take short showers and avoid hot water.

How should pregnant women take care of their skin?
It's important to use a moisturizer when getting out of the shower and avoid vigorously towel drying. Instead, pat the skin dry gently.

Are there any products to avoid?

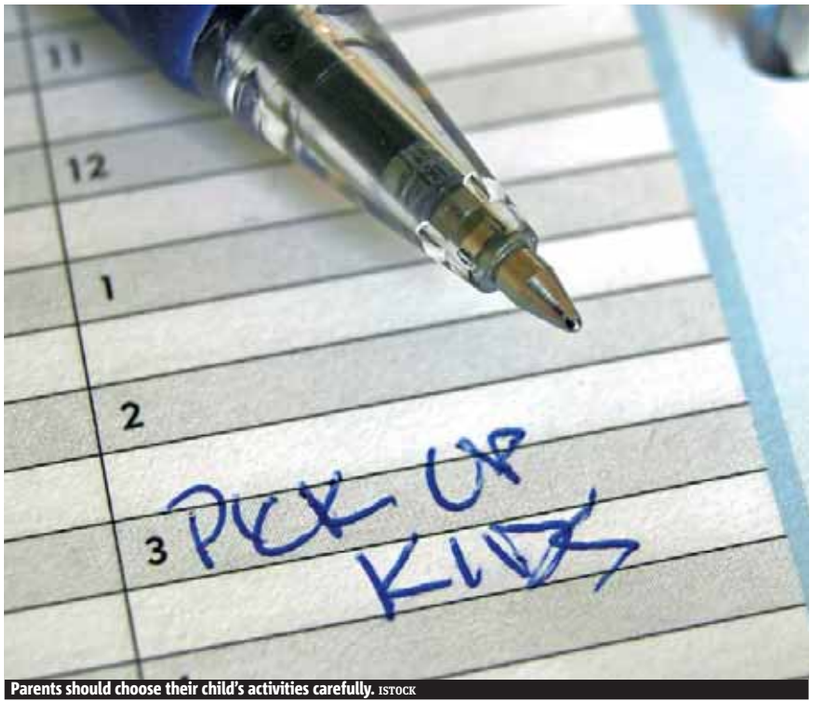
Pregnant women should avoid retinol. ISTOCK

Certain products should be avoided. These include retinol, salicylic acid, hydroquinone, kojic acid and benzoyl peroxide. METRO

Exclusively online

Are your kids ready to pop some hashtags? Find out with Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices.
Hashtag your reasons on social media to #reasonsmommydrinks

All fun and games till your kid's schedule stresses everyone out



Parents should choose their child's activities carefully. ISTOCK

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Extracurricular activities. Are hockey, soccer, tennis, swimming and piano lessons too much?

Decisions, decisions

My advice? Pick and choose the way you spend their time, your time and your money when deciding on extracurriculars.

When I was a kid, like many of my friends I would race home after school so I could change and get outside to play. We used to run from door to door, calling on other kids to come out.

You know the word "play", right? Besides when it's referencing a video game? We would stop playing only for dinner and homework and the occasional episode of Get Smart or The Partridge Family.

Our time was, for the most part, totally unstructured, unless you consider being told to "be home when the streetlights go on" as structure.

I did also learn how to play badminton, squash, tennis, and took swimming and skating lessons. Most happened on the weekend, leaving our weekdays relatively free. Free, compared to the schedules of many kids today, including my own.

When all four of mine were engaged in sports, I needed a spreadsheet to keep track of it.

My book Shut Up & Eat was mostly inspired by the fact that family meals became more about logistics than they did nutrition, and might have included consideration of what one can eat in a car on the way to the hockey arena.

Many parents are driving themselves and their vehicles to the brink all week as they ferry children from karate to guitar to skating to tournaments and extra practices and the dreaded of all time-suck activities — the "Rep" level team, be it hockey, soccer, swimming, etc.

(I remember myself at age eight, and my sister at 10 taking the city bus by ourselves to swimming lessons. Shocking.)

There are many theories as to whether exposing our kids to this type of structure and (arguably) overscheduling is good for them.

On the positive side, they learn teamwork, commitment, engage in physical activity and/or cultural stimulation. Critics would say it's stressful for them and that they don't know how to amuse themselves for longer than it takes to wait for a brother's gymnastics lesson to end.

My advice? Pick and choose the way you spend their time, your time and your money when deciding on extracurriculars. Check your bank balance, your calendar and make sure it's something they want to pursue versus your own interest or those of their friends. Investigate responsibilities for fundraising, out of town tournaments and equipment costs before committing.

After all, in the words of William Shakespeare, "The play's the thing," isn't it?

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Nutty Thumbprint Cookies get two thumbs way up

1. In bowl of stand mixer fitted with paddle attachment, cream butter with brown sugar on medium speed for 3 to 4 minutes or until very light and fluffy. Add egg and vanilla; beat until well combined. Into another bowl, sift together flour, cornstarch, baking powder and salt; stir in almonds and add to creamed butter mixture. Mix on low speed just until combined. Cover bowl with plastic wrap. Chill for 1 hour or until mixture is firm.

2. Preheat oven to 350 F (180 C). Line three baking sheets with parchment paper.

3. Using scant tablespoon (15 ml), scoop dough, form into 1-inch (2.5 cm) balls and place on one baking sheet, spacing 1-1/2-inches (4 cm) apart. Make a thumb indentation in each ball. Bake in centre of oven for 10 to 12 minutes or until evenly golden and crisp. Cool slightly on baking sheet. Gently press thumb into indentation. Cool cookies fully on baking sheet. While one batch bakes, scoop more dough onto second baking sheet. Let baking sheets cool fully before re-using to bake more cookies.

4. Sift icing sugar over cooled cookies. Using two spoons or a piping bag, fill cookie centres evenly with cookie spread, using entire jar. **PRESIDENT'S CHOICE**

Ingredients

- 1-1/4 cups (300 ml) unsalted butter, softened
- 3/4 cup (175 ml) packed dark brown sugar
- 1 egg
- 1 tsp (5 ml) pure vanilla
- 2 cups (500 ml) all-purpose flour
- 1 cup (250 ml) cornstarch
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) ground almonds
- 1/4 cup (50 ml) icing sugar
- 1 jar (375 g) PC Decadent Cookie Spread

This recipe makes 65 cookies. PRESIDENT'S CHOICE

Healthy eating

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No meal is complete without a sweet ending, but some seasonal treats are loaded with sugar.

Pumpkin pie

466 calories / 45 g sugar
Pumpkin pie will be all around us this season. A butter graham crust and creamy filling adds up quickly.

Equivalent

One slice of pumpkin pie is equal in sugar to 22 Timbits.

6 President's Choice mini chocolate eclairs

270 calories / 12 g sugar
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Peg your post-secondary promptly: The early bird gets the excellent education

School search. Don't leave what could be a life-changing decision until the last minute

Stop dreaming of the higher learning hunt. Get off your chair and start seeking out your perfect school. ISTOCK

It may feel like the school year just started, but soon thousands of Canadian students will be turning their focus toward the next stage of their academic careers: applying to post-secondary school.

In 2012, there were 793,000 full-time and 234,000 part-time undergraduate students in Canada, according to the Association of Universities and Colleges of Canada.

"Grade 12 comes upon students very quickly — quicker than they realize," said George Granger, executive director of the Ontario Universities' Application Centre, whose organization worked with an affiliate group of the Council of Ontario Universities to organize the fair.

Granger, who previously served as a registrar and director of admissions, said selecting a university or college is "one of the most important choices" students will make at this point in their lives.

"It's right up there with careers and relationships and where you're going to live. For a lot of them, it's a challenging moment."

Granger shares tips on how students can best prepare for the application process and ways to whittle down their pool of choices to select their ideal school.

Start thinking of, and setting on, an area of study

While the largest group of students who will attend the fair are in Grade 12, Granger said pupils in younger grades can also start casting their mind to potential areas of study after high school.

"Those are the years where they're starting to fit themselves into the streaming of courses," Granger said of students in Grades 10 and 11.

"They're starting to become more aware of what they're good at, what they like to do, becoming more aware of where they'd like to take themselves in their career life in terms of work."

Offer a well-rounded resumé

While some programs rely entirely on academic standing to make admission decisions, others may factor supplementary information into the fold, Granger said.

No small step

> **"It's right up there with careers and relationships and where you're going to live. For a lot of them, it's a challenging moment."**
>
> George Granger
> Executive director of the Ontario Universities' Application Centre, on choosing the right post-secondary school

For example, some fine arts programs require the submission of a portfolio, while others may demand a profile of a student that demonstrates well-roundedness, leadership experience and community involvement, he noted.

Granger said all students planning to pursue post-secondary studies should be mindful of extracurricular activities that will help balance them as individuals as well as potential applicants.

"Those experiences on the playing fields, in student government, in student clubs — those are all things that develop transferable skill sets that are going to be very important during the university experience, but also after graduation.

"Working as a member of a team, working in groups — there's a lot of emphasis on that in modern education."

Location and size matter

Granger said once students have assessed longer-term goals and ensured they have the appropriate prerequisites, another key step follows: selecting the school itself.

"For some students, it's a question of: 'Can I live at home and attend school or do I have to go away?' In some cases, the program that they're interested in is offered only at a few universities. And so, that means they'd have to make a commitment to go away and they'd have to come to terms with that."

In other cases, the program students are interested in may be more widely available — therefore altering the decision of whether to stay put or move away.

Granger said students with some degree of flexibility in their minds and a willingness to be mobile should be weighing whether they'd prefer to be at a larger school in a metropolitan area or if they'd feel more at ease on a smaller campus outside of the city.

"It's all linked to: 'What is the program I want? Where is it available? What's the reputation of that program?'" said Granger.

"For many students and parents, they want to be able to perceive vocational links or career tracks that might come from one program or another," he added. "Others recognize that the goal is to get a good strong liberal arts or science education and develop those critical thinking skills — research methodology, flexibility, those transferable skills. So that all goes into the mix."

THE CANADIAN PRESS

Check out the campus

As students narrow down their choices, Granger said an important component of the research and decision-making process is to pay a visit to the campus

- **"All of the universities offer tours, some of them on a daily basis, some of them on a scheduled basis.** All of them have special visit days in the fall and in the spring," Granger said.
- **If students and parents are unable to make the trek, virtual tours of the campus are also an alternative option, he noted.**

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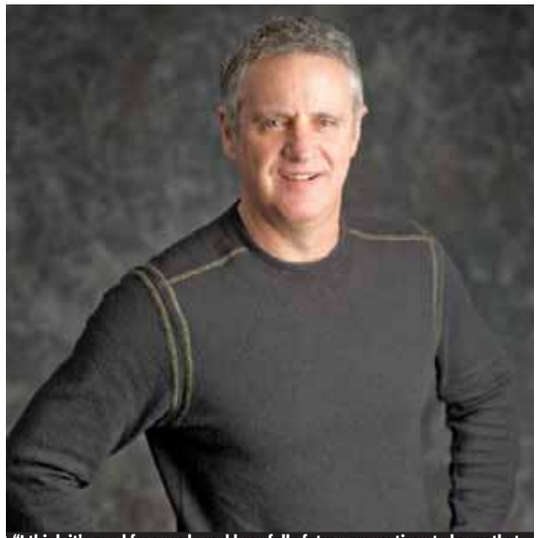
Legends of a disappearing labour force

Back in my workday... Author of A Good Day's Work hopes to preserve memory of Canada's vanishing jobs

When John DeMont was completing his book about vanishing traditional jobs in this country — think lighthouse keeper or milkman — he found A Good Day's Work had become much more than just a discourse on how some Canadians bring home the bacon.

"It sort of morphed into this book about Canada, using the disappearing work as a jumping-off point to talk about different aspects of Canada and the different things that are going," says the Halifax-based journalist and author.

"Not just work," he says, but "the iconic Canada — close-knit communities and small towns and everybody knowing everybody and being interested in a positive way."



"I think it's good for people and hopefully future generations to know that these people walked the Earth," says author John DeMont of the individuals profiled in his new book. THE CANADIAN PRESS

A Good Day's Work: In Pursuit of a Disappearing Canada (Doubleday Canada) seems a natural followup to his previous book, 2009's Coal Black Heart: The Story of Coal and the Lives it Ruled, a history of coal mining in Nova Scotia and the toll that disasters in the deeps took on colliers and their families.

Ancestors on both sides of his family were part of that history — one grandfather went down into the pit at age 11 to mine the black gold — but DeMont's father eschewed what had been the family business to work above-ground as a stockbroker.

Passé professions

A Good Day's Work profiles a variety of disappearing vocations

- Among them a blacksmith, a travelling salesman and engineers on Via Rail's flagship train the Canadian, which takes awe-struck passengers from Toronto to the lakes and forests of northern Ontario, across the prairies and through the Rockies to Canada's Pacific terminus, Vancouver.

Cool careers

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them."

John DeMont
Author of A Good Day's Work

And as the author writes in the prologue of A Good Day's Work, growing up as a child in Halifax was an idyllic time for him — and for the country as a whole.

His reference year — 1967, when he was 11 — sees Canada celebrating its 100th birthday, with millions drawn from around the world to Expo 67 in Montreal, the Canadian economy at its post-war peak and the Toronto Maple Leafs winning their last Stanley Cup.

It was also a time when the milkman still delivered cows' bounty to many homeowners' doors, beef came from family-owned and family-worked farms, and parents and kids — and hormone-fuelled teens — piled into the station wagon on a summer's night to take in a drive-in movie.

It is that world that DeMont evokes in A Good Day's Work, or rather what is left of it, as he tracks down Canadians still engaged in time-honoured work, the kind of jobs that built this country but are perhaps soon to be but a memory.

While natural resources jobs — forestry and fishing, for example — might have seemed an obvious fit, DeMont chose to go beyond "guys in the woods" and look into a broad range of skills among people in different parts of the country.

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them," the 57-year-old explains during a recent visit to Toronto, one stop on a cross-country, multi-city book tour.

THE CANADIAN PRESS

Digitally doing good

Making the world a greater place on the go

We365, a free digital platform which allows young people to track and verify their volunteer activities for school, launched on Friday with the introduction of an app and a website. The platform provides the tools needed to fundraise, take action, and amplify messages for thousands of different charities. Members are encouraged to find and share inspiring content with like-minded users and friends, all while supporting causes most important to the individual. Visit we365.com for more details.

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Fields in your dreams? There are plenty of ways to kick off a career in sports

MEREDITH ENGEL
Metro World News

Thinking of a sports career off the field may evoke visions of Jerry McGuire and rubbing elbows with players in the locker room. But a career in sports marketing is not all about the glamour of the game. We tapped David Eisenberg, the senior manager of sports and entertainment marketing for American Express, for his tips on making it in (and on) the field. Besides getting a degree in the field and networking as often as possible, here's what else he recommends:

Explore all sides of the business

Going into sports marketing doesn't always translate to representing your favourite team. You can work on a brand, like American Express, a property (like the United States Golf Association, for example), or an ad agency.

"I've worked at an agency and a brand, and that's been a wonderful experience because I've learned so many different things from so many different angles," Eisenberg says.

Remember who you serve

As much as everyone loves the game, at the end of the day, it's the fans who marketers are ultimately trying to reach — they're the ones who are opening their wallets. "We're very focused on really creating those lasting memories for the card member (and) at the same time exposing prospective card members to the benefits," Eisenberg says.

Realize that it's not all about the glitz

Though he gets to oversee events, Eisenberg also says desk time is a big part of the job. "The glitz is the glitz only if somebody needs it or wants it," he says. "(We're) more focused on, 'How do we create scalable experiences for lots of people to take advantage of?' And if that means it is more focused on service, which may just be getting a lesson, versus getting the opportunity to meet a famous golfer, we want to make sure that we're able to reach as many people as we can, with the benefit that's gonna make the biggest impact. If it's glitzy, great.

"If it's not, that's OK, because the important thing is it may give us the scale and it may also give us the opportunity to really build a meaningful relationship."

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'Round the world wisdom

Facing adversity? Be your words not your feelings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

As individuals our word is our bond. It is a measures of our moral character and a mark of our integrity.

A number of people I met at speaking engagements where I presented my Gobi story announced they too wanted to run the desert. Over time, a large group was set to join me for the Sahara Race in 2011.

The majority of people who said they would and even signed up to run the Sahara never actually made it to the start line. Somehow life got in the way and their feelings championed over their word.

Research shows that our vocabulary has 309 known words to describe human emotions — two-thirds of which, astonishingly, are negative. Our brain fires negative emotions 10 times more frequently than it does positive ones. Do the math! Odds are that individuals will experience a negative reaction to 95 per cent of events that occur. What does this mean? Our heads are filled with reasons not to do things.

When you choose to follow through with your word as opposed to your feelings, your life is actively changed as a result. You can now be counted on to do what you said you would, and to do so with enthusiasm.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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NFL

Tough Luck: QB spoils Peyton's return to Indy

Andrew Luck and the Colts ruined Peyton Manning's return to Indianapolis and handed the Denver Broncos their first loss of the season.

Luck, who replaced Manning as quarterback of the Colts, threw for 228 yards and three touchdowns, ran for another score and didn't even need a fourth-quarter comeback to end Denver's 17-game regular-season streak with a 39-33 victory Sunday night.

While Luck was terrific in prime time, completing 21 of 38 passes, his predecessor was not himself. Manning finished 29 of 49 for 386 yards with three TDs, one interception and was sacked four times, leaving the Chiefs the NFL's only unbeaten team.

The offence that was on a record-scoring pace and seemed virtually unstoppable over the first six weeks managed only two first-half touchdowns and opened the third quarter with three-straight three-and-outs. THE ASSOCIATED PRESS

MLB

"We knew he was going to be a key contributor toward the back end of the bullpen." Red Sox manager John Farrell on his closer Koji Uehara, the ALCS MVP. The 38-year-old right-hander got the job after neither Joel Hanrahan nor Andrew Bailey lasted. Boston beat the Detroit Tigers 5-2 in Game 6 of the ALCS on Saturday and will face the St. Louis Cardinals in the World Series.

Columbus's Curtis McElhinney blocks a shot by Vancouver's Chris Higgins during the first period on Sunday in Columbus, Ohio. MIKE MUNDEN/THE ASSOCIATED PRESS

Canucks can't crack Columbus's backup

NHL. Journeyman goalie turns away 37 shots to help Jackets end losing streak

Although it was only the eighth game of the season, it was already vital for the Columbus Blue Jackets to show some improvement.

A pair of thirtysomethings led the way.

R.J. Umberger scored his first goal of the season with 8:46 left to help make a winner of Curtis McElhinney as the Blue Jackets ended a four-game losing streak with a 3-1 victory over the Vancouver Canucks on Sunday night.

The 31-year-old Umberger had yet to score this season.

"It's a good first step for us to get out of the hole we were in," he said. "It was a gutsy challenge we had and we had to find a way to win."

McElhinney, making his first appearance for the Blue Jackets in place of Vezina Trophy-winner Sergei Bobrovsky, had 37 saves — including several clutch ones while Columbus protected a one-goal lead.

Henrik Sedin had the goal for the Canucks. Eddie Lack stopped 26 shots in place of Roberto Luongo, rested on the second night of back-to-back games for Vancouver.

"It was tough to get good opportunities," Sedin said. "A lot of shots were outside and we didn't have a lot of traffic (in front of the net)."

The Canucks, playing their fourth of a season-high seven-game road trip, applied plenty of pressure to try to tie it. McElhinney gloved a hard one-timer by Jason Garrison in the final minutes and then stopped Higgins' jam shot from point-blank range off a pass from the back wall by Daniel Sedin with 45 seconds remaining.

Ryan Johansen then added an empty-netter.

Canucks coach John Tortorella said the stat sheet was misleading.

"Don't let the shots fool you," he said. "I don't think we played enough in the areas (you have to) to score goals." THE ASSOCIATED PRESS

On Sunday

3	1
Blue Jackets	Canucks

NHL. Demoted backstop Biron chooses retirement

Goaltender Martin Biron announced his retirement at the age of 36 on Sunday, after playing parts of 16 NHL seasons.

The New York Rangers put Biron on waivers last week. Biron was assigned to the Hartford Wolfpack on Tuesday, but he did not report.

"After thinking about it with my family, I've decided to retire as a player and move on to a new chapter," Biron wrote on his Twitter account. "Thank you all for your support." THE CANADIAN PRESS

Biron's numbers

Martin Biron went 230-191-52 with a 2.61 goals-against average and .910 save percentage in 508 games with the Buffalo Sabres, Philadelphia Flyers, New York Islanders and New York Rangers.

- He gave up nine goals on 38 shots in two appearances this season before being waived.

NHL

Jets run out of fuel vs. Predators

Carter Hutton made 37 saves and Patric Hornqvist scored the game-winner as the Nashville Predators beat the Winnipeg Jets 3-1 Sunday night.

Hutton, a 27-year-old making just his second NHL start after spending most of his career in the AHL, picked up his first career win. Nashville coach Barry Trotz chose to rest starter Pekka Rinne after the team's Saturday win in Montreal. THE CANADIAN PRESS

CFL. Alouettes' offence puts hurt on Hamilton

The Alouettes celebrate an S.J. Green touchdown on Sunday in Montreal. THE CANADIAN PRESS

Troy Smith threw three touchdown passes in his first CFL start as the Montreal Alouettes downed the Hamilton Tiger-Cats 36-5 to tighten the race for playoff positions on Sunday afternoon.

S.J. Green, with two, and Arland Bruce were on the receiving end of TD throws from the 2006 Heisman Trophy winner, while Tyrell Sutton ran one in. Sean Whyte had two field goals as Montreal won for the third time in four games. THE CANADIAN PRESS

4 SPORTS

Camilo Sanvezzo lays on the pitch as time expires on the Whitecaps' playoff hopes on Saturday in Commerce City, Colo. The Whitecaps were eliminated from playoff contention with a 3-2 loss to the Rapids.
DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Could no playoff payoff result in Whitecaps layoffs?

MLS. After being eliminated in season's penultimate game, questions loom around management personnel

CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Whitecaps are now playing spoiler. This is what it's come to.

Their hopes of making it to the MLS Cup playoffs for a second consecutive season were dashed Saturday in a 3-2 loss to the Colorado Rapids. Truth be told, those hopes had been deteriorating slowly since the end of July, thanks again to another second-half swoon, to the point of slim with a few weeks remaining in the schedule.

Quoted

"The way I look at it is it's been our most successful season ever, but it's not as good as we would like it to be."
Whitecaps head coach Martin Rennie

A beautiful strike from Rapids striker Gabriel Torres in the 77th minute was the final blow.

There is still one more game to play for the Whitecaps. It's this Sunday, against the Rapids at BC Place Stadium. The league's schedule makers almost had this one right. This had been shaping up to be the pivotal match that could have been a deciding factor in the MLS Western Conference playoff picture.

Not the case.

"It's very disappointing, but we still have an impact and an influence on who gets into the playoffs next week. We owe our fans a really big performance," head coach Martin Rennie said Saturday.

The spoiler role. A dubious distinction.

The long off-season in Vancouver could result in some major changes to the local club.

And that could include the coach.

It's believed Rennie's future with the Whitecaps is in peril. His lineup decisions were subject to constant scrutiny and second-guessing.

Not to mention the fact the club was in strong standing two years in a row heading into August and then suddenly collapsed.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	9	6	3	0	24	23	12
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	8	7	1	0	31	19	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	5	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	8	7	1	0	27	12	14
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	9	5	3	1	19	22	11
Minnesota	9	3	3	3	19	22	9
Winnipeg	9	4	5	0	22	25	8
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	39	16	15
Anaheim	8	7	1	0	30	19	14
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

Sunday's results
Columbus 3 Vancouver 1
Anaheim 6 Dallas 3
Nashville 3 Winnipeg 1
Saturday's results
Pittsburgh 4 Vancouver 3 (SO)
Edmonton 3 Ottawa 1
Colorado 4 Buffalo 2
Florida 2 Minnesota 1 (SO)
Nashville 2 Montreal 1
Chicago 3 Toronto 1
Boston 5 Tampa Bay 0
New Jersey 4 NY Rangers 0
Washington 4 Columbus 1
Carolina 4 NY Islanders 3
Phoenix 5 Detroit 2
San Jose 6 Calgary 3
Los Angeles 5 Dallas 2
Monday's games — All Times Eastern
San Jose at Detroit, 7:30 p.m.
Colorado at Pittsburgh, 7:30 p.m.
Calgary at Los Angeles, 10:30 p.m.
Tuesday's games
Anaheim at Toronto, 7 p.m.
Vancouver at NY Islanders, 7 p.m.
New Jersey at Columbus, 7 p.m.
Chicago at Florida, 7:30 p.m.
Edmonton at Montreal, 7:30 p.m.
Washington at Winnipeg, 8 p.m.
Nashville at Minnesota, 8 p.m.
Calgary at Phoenix, 10 p.m.

MLB PLAYOFFS

ALCS

BOSTON RED SOX VS. DETROIT TIGERS
(Boston wins series 4-2)
Saturday's result
Boston 5 Detroit 2

NLCS

ST. LOUIS CARDINALS VS. L.A. DODGERS
(St. Louis wins series 4-2)
Friday's result
St. Louis 9 L.A. Dodgers 0

WORLD SERIES
(Best-of-7)

ST. LOUIS VS. BOSTON
Wednesday's game — All Times Eastern
St. Louis (Wainwright 19-9) at Boston (Lester 15-8), 8:07 p.m.
Thursday's game
St. Louis at Boston, 8:07 p.m.
Saturday's game
Boston at St. Louis, 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Sunday's result
Montreal 36 Hamilton 5
Thursday's game — All Times Eastern
Winnipeg at Toronto, 7:30 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Hamilton, 1 p.m.
Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Sunday's results
Cincinnati 27 Detroit 24
San Diego 24 Jacksonville 6
Carolina 30 St. Louis 15
Washington 45 Chicago 41
N.Y. Jets 30 New England 27
Buffalo 23 Miami 21
Dallas 17 Philadelphia 3
Atlanta 31 Tampa Bay 23
San Francisco 31 Tennessee 17
Green Bay 31 Cleveland 13
Kansas City 17 Houston 16
Pittsburgh 19 Baltimore 16
Indianapolis 39 Denver 33
Monday's game — All Times Eastern
Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Sunday's results
New York 3 Houston 0
San Jose 0 Los Angeles 0
Saturday's results
Montreal 2 Philadelphia 1
FC Dallas 2 Seattle 0
Colorado 3 Vancouver 2
New England 3 Columbus 2
Chicago 1 Toronto FC 0
Portland 0 Real Salt Lake 0

Horoscopes

♈ Aries
March 21 - April 20
Something you think is important is in fact trivial and the sooner you realize that fact the better off you will be.

♉ Taurus
April 21 - May 21
A relationship matter that has been worrying you for weeks will fade in significance today. Maybe it isn't as bad as you thought it was. Time will tell.

♊ Gemini
May 22 - June 21
Every upheaval is an opportunity in disguise and soon you will realize that fate has been prodding you to move in a new and more profitable direction. All you have to do is get moving.

♋ Cancer
June 22 - July 23
As Mercury, planet of the mind, turns retrograde today so the way you look at your life will change. However, this particular cosmic event has a way of playing tricks on people, so don't make any drastic moves just yet.

♌ Leo
July 24 - Aug. 23
You may be upset that something or someone has gone out of your life but it is all part of the process of growth and change. The world never stands still and nor should you. Move on in your life.

♍ Virgo
Aug. 24 - Sept. 23
It takes courage to hold a view that few other people agree with and more courage still to express that view openly. But you are not the sort to back down and will insist on having your say. Let's hope you are right!

♎ Libra
Sept. 24 - Oct. 23
Throw away your schedules and timetables. With Mercury moving retrograde today there is really no point in making plans. Take each moment as it comes.

♏ Scorpio
Oct. 24 - Nov. 22
Ideas you once supported don't seem so attractive now but you are still reluctant to give up on them. Until you do you won't be able to take advantage of the new insights that enter your mind.

♐ Sagittarius
Nov. 23 - Dec. 21
If you are smart you will keep your opinions to yourself. You may be desperate to prove a rival wrong but the planets warn it won't be as easy as you think.

♑ Capricorn
Dec. 22 - Jan. 20
Let colleagues know how you feel today but don't get emotional about it. If they can see that you are affected to such an extent they may decide to up the pressure, hoping you will break.

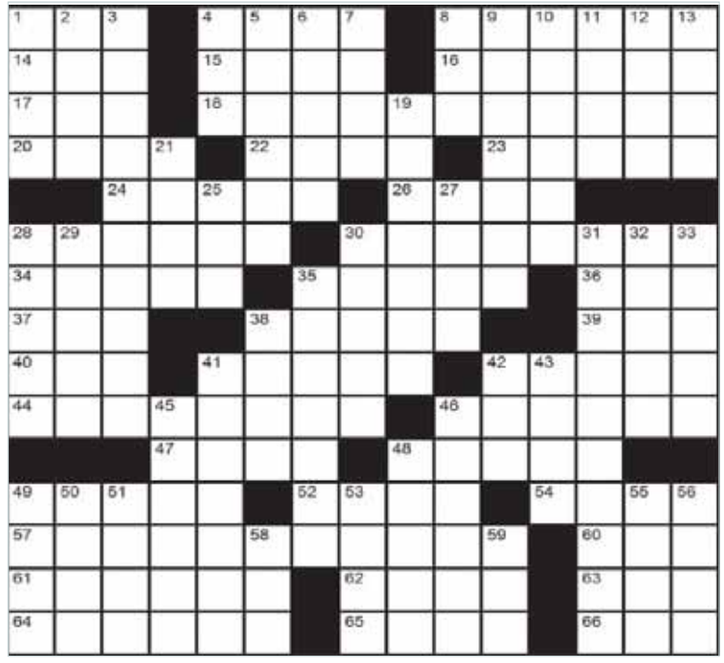
♒ Aquarius
Jan. 21 - Feb. 19
Some tough decisions will have to be made, the kind of decisions where you upset more people than you please. Fortunately you are not the sort to worry about that. You enjoy rocking the boat.

♓ Pisces
Feb. 20 - March 20
You may not be a rule breaker but there is one rule that annoys you so much you are determined to smash it. That's fine but don't forget that actions have consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

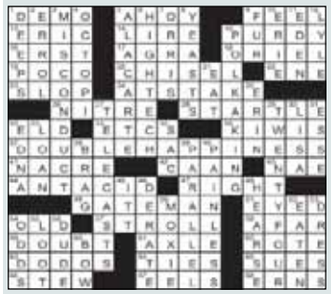
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. A-li'l-__-will-d'ya
4. Gas station name
8. Rejects
14. Football's Mr. Manning
15. "__ she blows!"
16. Set the dial: 2 wds.
17. Vroomer
18. Toronto-born singer of "Old Skool Love": 2 wds.
20. Modeller's buys
22. Island off of Newfoundland
23. Beau __ (Gracious action)
24. Megan of "Smash"
26. Gone With the Wind land
28. 1991 Tragically Hip album: 'Road __'
30. Canadian insurance and financial services company
34. Lively rhythms
35. Adjust margins, say
36. Capture
37. Disney deer
38. Carries
39. Put down, slang-style
40. Gladiator's 300
41. Circled
42. I'm; __; He's...
44. Forest for Robin Hood
46. Lab device, __ burner
47. Where the White House is, __ _._.
48. Kindled again
49. "_ __ Before Dying" (1991)
52. In the thick __ __
54. Restaurant receptacle
57. Consumer watchdog program on the CBC
60. Rosemary's Baby novelist Mr. Levin
61. Seasonable
62. "Aren't _ __ lucky one?"
63. "Lost in Love" soft rockers with a Supply of it
64. Gobbles food, in slang
65. Johnny Carson's predecessor Jack
66. Chap

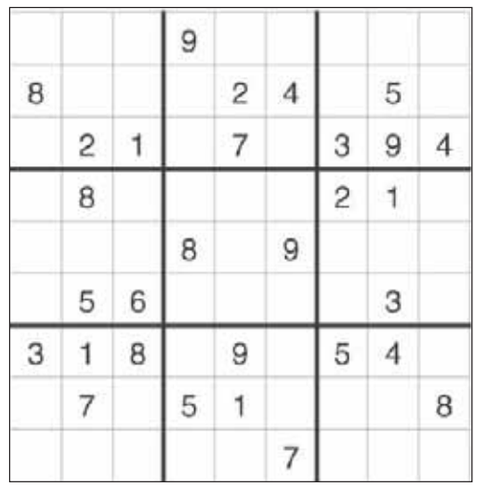
Down
1. Casino pack
2. Court game, with Jai
3. Charlottetown, 'The __ of Confederation'
4. Airport schedule acr.
5. Changes
6. "__ Truffle" by The Beatles
7. Real thing, for short
8. Female saint in France [abbr.]
9. Fish and Chips, Shepherd's Pie ...and more: 2 wds.
10. Artificial
11. Vintage autos
12. Food package abbr., __. __.
13. Loudness of sound unit
19. As sheet music is
21. River deposit
25. Guitarist Mr. Paul
27. Santa __ (Hot winds)
28. Sir Guinness, and others
29. Salt amount
30. __ out (Dished)
31. The __ Revolution
32. Laissez-__
33. Buddy of "The Beverly Hillbillies"
35. Peter Weller '80s Sci-Fi flick
38. Step heavily
41. "...to thine __ __ be true..." - Shakespeare
42. Montreal airport code
43. Taking care of things: 2 wds.
45. Daredevil
46. "You __!" (That's right!)
48. Lasso
49. Tbsp., et al.
50. Ballet world's Karen
51. "My Friend __" ('50s sitcom)
53. Acrobat's feat
55. Opera song
56. Stick sort
58. Mr. Cobb's
59. 'Profit' suffix

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

Today
13°/9°
Sunny

Tuesday
16°/10°
Sunny

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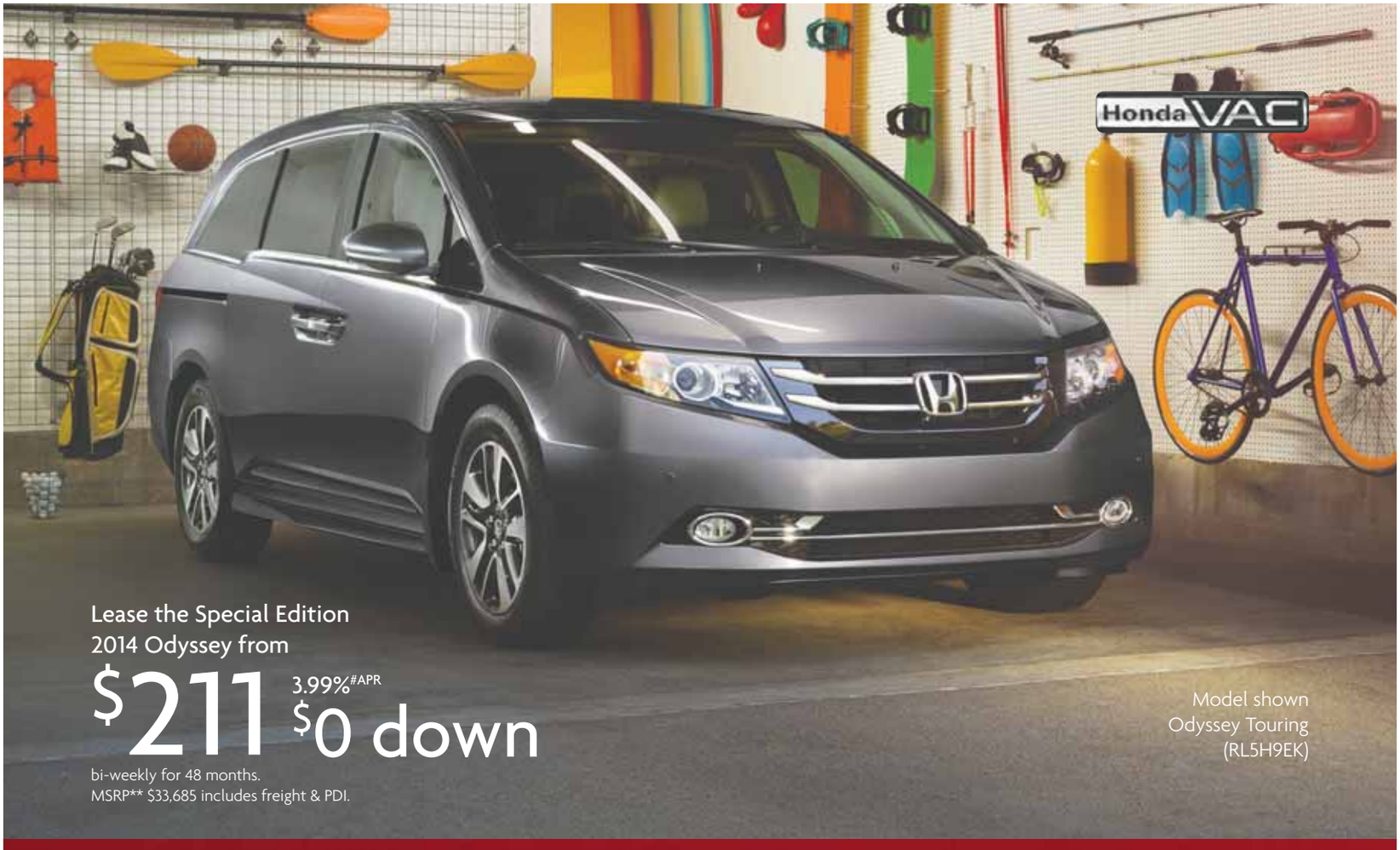

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